

Choose Well...



Warrington

Choose well...

for your child.

A&E or 999

For emergencies when your child needs urgent medical advice

Children's A&E at:
Warrington Hospital,
Lovely Lane,
Warrington
WA5 1QG

Choose A&E or 999 if your child has life threatening symptoms or illness or injury. If your child's condition is not critical, choose another service to get them the best possible treatment.

GP Out of Hours

For the treatment of illnesses and injuries that won't go away in the evenings, overnight, at weekends and bank holidays

Monday to Friday:
6pm to 8am
Weekends and public
holidays: 24 hours
Telephone 01925 650999

Patients will be assessed over the telephone and referred to the most appropriate service e.g. telephone advice from a Nurse or GP, appointment with an emergency GP (out of hours), home visit by a GP and other services. Children will be prioritised where possible.

Doctor/GP

For the treatment of illnesses and injuries that just won't go away.

Health visitor and school health advisor (0-19)
For advice on all children's health issues

Your GP practice number:
.....
01925 prefix - Birchwood 843689;
Grappenhall 217212;
Meadowside: South 251545,
East 251534, West 251531;
Penketh 867928

Contact your surgery for an appointment during normal opening hours. GPs can give advice, diagnose and prescribe medication, as well as help you access other services when needed. Many GPs will fit children into surgeries without an appointment and can give you medical advice over the phone.

Your health visitor/school health advisor are children's health experts and can give advice and support as well as prescribing some medicines.

Pharmacist

For advice on common illnesses and injuries, and medicines to treat them.

Text 'pharmacy' to 64746
to receive three free texts
with the details of your
nearest pharmacy

A pharmacist can give you advice and help you decide whether your child is unwell. If you think your child is ill, it's best in the first instance to contact your local pharmacy.

NHS Direct

For 24-hour health advice and information.

Call NHS Direct on:
0845 46 47 or visit
www.nhsdirect.nhs.uk

Check symptoms and get clinically checked expert advice you can trust online and over the telephone 24 hours a day, 365 days a year.

This leaflet has been produced by the Children's Commissioner at Warrington Health Consortium for more information please contact 01925 843600



Choose well.

www.nhs.uk

A parent/carers guide to choosing the right NHS service for your child

If your child is ill or injured, choose from the following services:

Please do not give aspirin to children under 16.
This can cause serious complications in children later diagnosed with viral infections.



Choking.
Loss of consciousness.
Fitting.
Broken bones.



High temperature.
Cold symptoms.
Minor bumps and cuts.



Dehydration.
Headache.
Tummy pain.



Mild diarrhoea.
Mild skin irritations.
Mild fever.



Unwell?
Unsure?
Confused?
Need help?



Grazed knee.
Sore throat.
Cough.

Does your child need urgent medical attention?

Call an ambulance on 999 if your child

- Stops breathing or is struggling for breath
- Is unconscious or seems unaware of what's going on
- Will not wake up
- Has a fit for the first time even if they recover

Take your child to A&E

 if they have

- Difficulty breathing
- Severe abdominal pain
- A cut that will not stop bleeding or is gaping open
- A leg or arm injury and cannot use the limb
- Ingested poison or tablets

Does your child need to see a doctor or nurse?

Doctor/GP or GP Out of Hours

Children with moderate illnesses or injuries will often need to be seen by a healthcare professional in the community and your local GP and Practice Nurse can give you the help you need. They can treat many illnesses that do not warrant a visit to A&E.

Health Visitors and **School Health Advisors** can offer advice and signpost you to the most appropriate service.

Sound advice

Choose these services to treat your child's illnesses and injuries that have been treated with self-care but just won't go away.

If it's essential that your child sees a doctor or nurse for assessment or treatment between 6pm and 8am or at the weekend, use the GP Out of Hours service (details on the reverse).

See your **Health Visitor** or **School Health Advisor** for advice on a multitude of issues, for example, keeping your child well, healthy lifestyles, parenting and emotional or behavioural issues.

Are you unsure if your child is unwell and needs help?

Pharmacist

Your local pharmacist offers advice on common illnesses like cold symptoms (runny nose, cough or sore throat) and skin irritations, without the need for an appointment and can offer medicines for your child. Many pharmacists have longer daily opening hours than GP surgeries, and some are open at weekends.

Sound advice

Visit a pharmacy if your child is ill, but does not need to see a GP.

Remember that if your child's condition gets worse, you should seek further medical advice immediately.

For absolutely any questions about health, choose NHS Direct.

NHS Direct

NHS Direct offers confidential 24-hour health advice and information which you can access by phone or online and ask absolutely any question about wellbeing. Further information is also available on Teletext.

Sound advice

Use NHS Direct if you are unsure what to do next, have any questions about a condition or treatment or require information about local health services.

You'll find the contact details on the back of this leaflet.

For wear and tear, minor trips and everything in between.

Self-care

You can treat your child's very minor illnesses and injuries at home. Some illnesses can be treated in your own home with support and advice from the services listed when required, using the recommended medicines and getting plenty of rest.

Sound advice

Please observe your child when they are feeling unwell. If you feel that they are deteriorating then please seek further medical advice from the services above.